

WHAT IS CLAIMED IS:

1. An optical disk capable of recording or reproducing information with a lightbeam of an optical head,

5 comprising:

a first recording area in which the information can be recorded by the optical head ; and

a second recording area in which information of the optical head is recorded in order to record the information on the optical disk.

2. An optical disk according to claim 1, the information of the optical head includes RIM intensity.

3. A reproducing method comprises a step of reproducing information from the optical disk according to claim 1.

4. A recording method comprises a step of recording information using the information of the optical head defined claim 1.